

ABSTRACT OF DISCLOSURE

A method of recording data on a recordable disk so that data is stably reproducible, a method of protecting syncs included in the recorded data, an information storage medium, and an apparatus for reproducing the data recorded on the recordable disk. In the information storage medium, data is recorded in a certain recording unit. The recording unit includes a body and a head. The body includes user data and a first recognizer, and the head is attached in front of the body to protect the body and includes a second recognizer to protect the first recognizer. The second recognizer comprises more patterns than a number of maximum length patterns used to form the first recognizer so that the second recognizer is distinguished from the first recognizer. Thus, even if the data is recorded on the recordable disk at any time, data is properly reproducible.